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Your essential daily news | WEDNESDAY, NOVEMBER 4, 2015

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Warmth could persist into December metroNEWS

LIZ BEDDALL/METRO

Lax laws lead to bird deaths

REPORT

Province gets blame for not protecting birds from buildings

Luke Simcoe
Metro | Toronto

The province's unwillingness to enforce its own laws is leading to the death of thousands of migratory birds every year, says Ontario's environmental watchdog.

In her annual report, Environmental Commissioner Ellen Schwartzel lambasts the provincial government for failing to protect birds from the threat posed by tall buildings in Toronto.

In 2013, the Ontario Court of Justice ruled reflected light responsible for bird deaths can be considered a "contaminant" in accordance with the Environmental Protection Act. Failure to bird-proof windows, for example, was therefore considered a provincial offence, says Albert Koehl, an environmental lawyer in Toronto who helped prosecute the case.

"It's now the law, but no one at the Ministry of the Environment is applying it," Koehl said.

Instead, the ministry is proposing building owners be exempted from the laws and encouraged — rather than required — to implement bird-friendly measures.

In an email to Metro, an Environment Ministry spokesperson said enforcing the law would be unwieldy.

The move earned a sharp rebuke from Schwartzel.

"It appears that the ministry's preferred approach is to ignore its regulatory responsibility and leave it up to property owners and managers to voluntarily follow guidelines and suggested strategies," she wrote.

25 million

A 2013 report from Environment Canada showed building collisions account for roughly 25 million bird deaths in Canada every year. In Toronto's downtown alone, FLAP estimates at least one million birds die from hitting towers annually. Only domestic cats account for more bird deaths than buildings.

A thrush lies on a T.O. sidewalk after hitting a building. COURTESY FLAP CANADA

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Market's still too hot for first-timers

HOUSING

Analyst sees price growth slowing down ... eventually

Luke Simcoe
Metro | Toronto

Growth in house prices is expected to "flatline" in Toronto in the coming months, but first-time homebuyers may still find themselves priced out of the market.

"If you were thinking about buying next year, you're more likely looking at two years down the line," said Dana Senagama, a market analyst with the Canada Mortgage and Housing Corporation.

The CMHC released its forecast for 2016-2017 on Tuesday, highlighting real estate trends across the country.

In the GTA, Senagama said a combination of surplus stock and a lack of affordability should put a stop to "unsustainable" price growth.

"In a nutshell, a lot of these indicators are going to slow down over the next couple of years. That's not necessarily a bad thing; it's the market adjusting to imbalances that we've seen over the past 12 months," she said.

That doesn't mean prices are going to go down, Senagama clarified, just that they won't increase as fast.

As a result rental vacancy rates in the city will remain low, as prospective buyers hold out for something better.

"There's still very strong rental demand," Senagama said. "Why is that? It's simply because it's less and less attractive for first-time buyers to enter into home ownership."

Unfortunately, CMHC expects mortgage rates may start to rise by the end of 2016, meaning that even if prices do drop, the actual cost of a home may remain the same.

LOWERED EXPECTATIONS?

Those still looking to buy in the next year may need to adjust their expectations, Dana Senagama said.

"You still have choices. It's just about where you compromise," she said.

"Maybe you were thinking about a townhouse, but that's out of your price range, so you buy a condo. And maybe that condo isn't in downtown Toronto, but out perhaps in North York."

Any young buyers set on a single-detached home will likely have to look as far out as Whitby and Markham, suggested Senagama.

"Buying a single-detached house in the city of Toronto is not really at the level of the first-time buyer," she said. "You're looking at millions of dollars."

DIRTY WORK US AND OUR WASTE Mike Pilato, general manager at Clorox Canada, shows how one man's trash is another man's treasure. Photographer Gregg Segal has found inspiration in the waste we toss to the curb. His powerful series, 7 Days of Garbage, poses people lying in the rubbish they accumulate over one week. The exhibit, which has been on display from London to Sao Paulo, lands in Toronto's Union Station with the addition of five photos of Torontonians and their trash. CONTRIBUTED

TRANSPORTATION

Partnership credited with Crosstown LRT savings: Minister

The Ontario government is pitching it as a bargain.

Transportation Minister Steven Del Duca says the 30-year, $9.1 billion contract to build and maintain the Eglinton Crosstown LRT is actually about $2 billion below estimates.

He credited the province's public-private partnership system, administered by its agency Infrastructure Ontario, for inking a deal below the forecast $11 billion.

The contract with Translinx Transit Solutions, a giant consortium, was announced last summer. But the cost of the contract was only revealed on Tuesday at a downtown P3 conference.

The agreement covers all aspects of the transit line except the tunneling, which is already well underway. The TTC is expected to operate the LRT.

Transportation Minister Steven Del Duca and Mitzie Hunter, Associate Minister of Finance and MPP for Scarborough-Guildwood, look at two large boring machines on Eglinton Avenue East back in September. TORSTAR NEWS SERVICE FILE

Translinx is comprised of SNC-Lavalin, Aecon, EllisDon, Stantec, ACS Infrastructure Canada, Dragrados and IBI Group. It will build 15 underground stations on the central section of the 19-kilometre LRT at a cost of about $80 million to $100 million each. It will also build 10 street-level stops for about $3 million to $5 million each.

"The P3 or alternative financing and procurement (AFP) delivery model protects taxpayers by transferring significant risks to the private sector and provides the opportunity for innovation in design and construction," Del Duca told the conference.

The Crosstown will run about 19 kilometres from Mount Dennis in the west to Kennedy Station in the east. The central section will run underground.

TORSTAR NEWS SERVICE

COUNCIL VOTE AFTERMATH

Cash isn't Brampton's

Brampton can't count on hanging on to the money that the province had allocated as its share of the Hurontario-Main LRT, says Transportation Minister Steven Del Duca.

"It is disappointing," he told reporters at a conference on Tuesday of that city's decision not to accept the province's offer of an LRT that would run down Main Street to the Brampton GO station.

The money will be reinvested in transportation infrastructure, said Del Duca.

"We will proceed with the plan to build the LRT from the Port Credit GO station to Steeles and the balance of the funding in question will flow back into the (province's) Moving Ontario Forward plan to be invested in priority transit projects in the region, which in theory could be a project or more than one project in Brampton but is not necessarily going to be Brampton," he said.

TORSTAR NEWS SERVICE

Pig helper facing charges

ANIMALS

Day in court follows drink of water for thirsty hog

Jessica Smith Cross
Metro | Toronto

A Toronto woman facing criminal charges for giving water to pigs bound for a slaughterhouse has spent years fighting for the humane treatment of animals.

Anita Krajnc, founder of Toronto Pig Save, organizes vigils three times a week to draw attention to the ways pigs are treated and, she says, suffering.

She became devoted to the issue after adopting Mr. Bean — a beagle-whippet mix — and walking him in the area of the former Quality Meat Packers. That's when she got her first close-up look at pigs jammed into transport trucks.

"It was just the most heartbreaking thing. They look at you with these pleading eyes. They're sad. They're terrified," she said. "It just changed everything."

Anita Krajnc has been charged with criminal mischief after giving slaughterhouse-bound pigs water. COURTESY OF ELLI GARLIN

Krajnc was charged with mischief on June 22 after she, during one of her vigils, approached a truck of pigs stopped on Appleby Line in Burlington and began pouring water from a plastic bottle into their mouths.

It's something she's been doing for years. But, this time, the driver got out of his truck and told her to stop.

She responded with a moral lessons learned from scripture: "Jesus said, if they are thirsty give them water, if they are homeless …"

The driver, captured on video, replied: "You know what? These are not humans you dumb frickin' broad."

He then called the police.

Police never showed up, and Krajnc didn't hear anything until an officer arrived at her door this fall with a summons.

She's scheduled to appear in a Milton court today.

The philosophy behind Toronto Pig Save's vigils, started in 2011, is to "bear witness," as described by Russian author Leo Tolstoy, she said.

"Basically in life you have a choice, you see someone suffering you can turn the other way, or you can come close, as close as you can, and try to help," Krajnc said. "I think that's a choice we have throughout our lives. It's our duty to bear witness, and help when someone suffers."

IN BRIEF

Toronto man faces sexual assault charges

A Toronto father of two is facing 13 charges after a string of alleged sexual assaults on teenage girls near Centennial Park. According to Toronto police, the assaults, which happened in the Rathburn Road and Renforth Drive area, took place from April 1 to Oct. 27. The victims were girls aged 13 to 16 years old. The man separately approached four victims and asked for directions. Police believe there may be more victims. Anyone with information should contact police at (416) 808-7474 or Crime Stoppers anonymously at (416) 222-TIPS (8477). TORSTAR NEWS SERVICE

Parents find thumbtack in chocolate bar

Toronto Police are investigating after a thumb tack was found in a chocolate bar in east Toronto. Police said the incident occurred near Woodbine Avenue and Eastwood Road, just north of Kingston Road. Anyone with information is asked to call 55 Division at 416-808-5500 or Crime Stoppers. TORSTAR NEWS SERVICE

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President of Porter Airlines Robert Deluce tours the new Bombardier CS100 commercial jet in Toronto in September. TODD KOROL/TORSTAR NEWS SERVICE

Porter wants airport studies completed

TORONTO ISLAND

Some Liberals oppose jets at the waterfront

Porter Airlines wants to see a series of studies completed that examine whether to allow jets at Toronto's island airport, even though the federal Liberals are set to take office on Wednesday.

A spokesman for the Liberal party hasn't officially nixed Porter's expansion plans that would see Bombardier CSeries planes land at the Billy Bishop Toronto City Airport, but Toronto MPs such as Adam Vaughan have been vocal, saying the Liberals won't permit jets at the waterfront airport.

Porter spokesman Brad Cicero said the airline has only heard of these reports through the media, and not directly.

"Our intention at this time is to continue supporting the review process that is presently under way and meet with the new government directly to provide information about our proposal," he said in an email.

Cicero expressed hope that the city and federal government would ultimately be supportive of the proposal based on a factual analysis including job creation and supporting Canada's aerospace industry.

"The federal government isn't being asked to approve anything at this stage. It makes sense to finish the requested studies, which are more than 90 per cent complete," he said. "That work shouldn't be dismissed before even being considered."

Back in April 2013, Airlines CEO Robert Deluce announced that the regional airline has placed a conditional order for 12 CSeries planes, with options for another 18.

The only hitch was the airline had to win over support to reopen a tripartite agreement that governs the airport's operations — and it would also require a 550-metre extension to the runway and the lifting of a probation on jets.

After many public meetings, on the eve of the 2014 municipal election, city council deferred any final decision on the airport.

Instead councillors ordered up a series of formal studies, being paid for by the Toronto Port Authority, which now operates under the name PortsToronto.

TORSTAR NEWS SERVICE

HUMBER CINEMAS THEATRE

Police search for woman who burned boy with substance

Toronto police are searching for a female suspect after a three-year-old boy was sprayed with an "unknown burning substance" at a west-end theatre Halloween afternoon.

According to police, the boy and his father were in line to purchase tickets to Hotel Transylvania 2 at Humber Cinemas Theatre on 2442 Bloor St. W. around 3:15 p.m. on Oct. 31 when a woman approached the boy and sprayed an "unknown burning substance" on his neck and ears. She then immediately left the theatre.

The substance immediately caused bumps to appear on the boy's skin. It also burned two small holes into the carpet, a hole into the left sleeve of the boy's jacket, a hole into the right sleeve of his shirt, and faded the ink of the shirt around the boy's neck.

The boy was taken to hospital with minor burns.

The woman, last seen walking eastbound on Bloor St. W., is described as black and middle-aged, and was last seen wearing a purple dress, black shoes, a black coat with writing on the back, and a brown scarf and hat.

Police are searching for a female suspect. TORONTO POLICE SERVICE

She was holding a reusable FRESHCO shopping bag.

TORSTAR NEWS SERVICE

Balmy November

TEMPERATURE

Warmer than usual weather is more than just a fluke

Luke Simcoe
Metro | Toronto

This winter is coming in like a lamb. The mercury in Toronto topped 19 C Tuesday, prompting people to doff their coats — and in some cases hit the beach — in the face of unseasonably warm temperatures.

"It's extremely warm, about 10 degrees above normal," said Environment Canada meteorologist Peter Kimbell. We have a pair of competing pressure ridges in the United States to thank, Kimbell said, resulting in a southwest wind bringing warm air north from the Gulf of Mexico. The trend is expected to continue all week, with highs forecasted between 17 C and 19 C, before tapering off for the weekend.

"A cold front is headed for Southern Ontario," Kimbell said, bringing with it some lower temperatures and rains showers. The good news though is that next week is also expected to be warm, and Kimbell said the balmy temperatures could persist into December. That will likely delay the arrival of the dreaded "s-word," Kimbell said.

"Typically in Toronto there's about 12 centimetres of snow in November and we don't see anything at all in store for the next few weeks," he said. The warmest Nov. 3 on record in Toronto happened in 1961, when the high was 25 C.

Unseasonable temperatures brought back memories of summer on Tuesday, with many Torontonians stowing away their scarves and seeking out the sun. LIZ BEDDALL/METRO

ROMEO PHILLION

Wrongfully convicted man dies: ADWC

Romeo Phillion, a Mississauga resident who spent 32 years in prison after being wrongfully convicted of murder in 1972, died on Monday morning.

His death was announced Tuesday by the Association in Defence of the Wrongly Convicted.

Earlier this year, the Supreme Court of Canada cleared the way for Phillion's $14-million lawsuit against the police and the Crown.

Phillion, who was in his mid-70s, was convicted of second-degree murder in the death of Ottawa firefighter Leopold Roy, based on a confession he recanted almost immediately.

The Ontario Court of Appeal quashed the conviction and ordered a new trial in 2009, but the Crown withdrew the charge, saying too much time had passed. The Court found that police had never told the defence about an alibi that showed Phillion's innocence. TORSTAR NEWS SERVICE

Romeo Phillion
SEAN KILPATRICK/THE CANADIAN PRESS

IN BRIEF

Cyclist dies after being hit by a vehicle

A male cyclist is dead after a being struck by a vehicle near Woodbine Racetrack in Etobicoke at about 6 p.m. on Tuesday.

A man in his 50s was pronounced dead on the scene near Hwy. 27 and Vice Regent Blvd., according to Toronto Paramedic Services. TORSTAR NEWS SERVICE

Man in serious condition after vehicle crash

A man in Scarborough was taken to hospital in serious condition after he was hit by a vehicle Monday. According to a Toronto Paramedics spokesperson, emergency crews were called to the area of Danforth Road and Gordonridge Place, northeast of Midland Avenue around 8 p.m. TORSTAR NEWS SERVICE

Wait lists growing for autism treatment

Thousands more Ontario children with autism are on waiting lists for treatment than 10 years ago, and government figures suggest the number of kids receiving treatment may actually be dropping.

The NDP submitted a Freedom of Information request for the numbers of children with autism spectrum disorders on wait lists for Intensive Behavioural Intervention and Applied Behaviour Analysis and found dramatically increasing numbers. TORSTAR NEWS SERVICE

Council decides museum to be exempt from taxes

The Aga Khan Museum and Ismaili Centre, an architectural marvel in suburban Don Mills, should be exempt from $331,700 in annual property taxes, city council has decided.

Council voted 34-1 on Tuesday to endorse the museum's request that the province add it to a list of tax-exempt cultural institutions including the Royal Ontario Museum and Art Gallery of Ontario. City staff recommended that council not approve the exemption. TORSTAR NEWS SERVICE

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MESSAGE

Harper thanks public service

On his final day as prime minister, Stephen Harper extended an olive branch of sorts to the public servants with whom his government has had a tense relationship for much of the last decade.

Their reaction, in a nutshell: Don't let the door hit you on the way out.

In a message sent to the entire federal bureaucracy, Harper thanked government workers for the support they've shown his team over three successive Parliaments and for their dedication to the well-being of Canadians.

In the letter, Harper expressed pride in the work he and his team have done with the public service to improve the prosperity, security and well-being of Canadians.

In response, one of the biggest unions representing workers lamented the tension-filled relationship between the civil service and Harper's Conservatives.

"The work that public service workers do on behalf of Canadians day in and day out is invaluable," Public Service Alliance of Canada national president Robyn Benson said in a statement.

"We look forward to building a positive and constructive relationship with the new Liberal government where trust and respect for public service workers is restored." THE CANADIAN PRESS

Stephen Harper
THE CANADIAN PRESS FILE

Prime minister-designate Justin Trudeau makes his way to his car after taking a tour of the West Block construction site on Parliament Hill in Ottawa on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Big moment arrives for Trudeau and cabinet

PARLIAMENT

Rideau Hill event will give Canada its new leader

Michael Woods
Metro | Ottawa

Canada will officially have a new prime minister Wednesday, and TV networks and live-streaming services are inviting everyone to tune in.

At 9:45 a.m., prime minister-designate Justin Trudeau and his ministers-to-be will arrive by bus, stroll up the governor general's driveway together and head inside to be sworn in.

The arrival plan is a stark contrast from past cabinet swearing-in ceremonies, when MPs arrived individually or with their families in separate cars.

It underlines Trudeau's emphasis during the campaign on the strong team he wanted to bring with him to Ottawa.

Prior to the swearing-in ceremony, Stephen Harper will meet privately with the governor general at Rideau Hall to formally resign as prime minister.

For the Twitter crowd, Rideau Hall has even identified two hashtags for the event: #PM23 and #SwearingIn.

FOLLOWING THE CEREMONY

Getting down to business

Justin Trudeau and his cabinet will get down to work immediately following Wednesday's swearing-in ceremony.

The newly minted Liberal prime minister and his ministers are scheduled to hold their first meeting in the afternoon. And they're widely expected to take immediate action on at least one Liberal campaign promise, signalling the start of a new era that will be starkly different than the decade of Conservative rule under Stephen Harper.

On that score, they're likely to take action right away to reinstate the long-form census. During the campaign, Trudeau promised to reinstate the mandatory long-form census as part of a broader commitment to return to "evidence-based" decision making by his government.

Trudeau's new ministers will also emerge from their first meeting to face questions from the media — another departure from the Harper era. THE CANADIAN PRESS

MPs to keep an eye on

Much has been made of Justin Trudeau's hand-picked star recruits, newly minted MPs who may be in line for a cabinet post.

But there are dozens of lesser-known new MPs with impressive and eclectic credentials, some of whom could also wind up in cabinet, leading influential parliamentary committees or serving as parliamentary secretaries. Here's a brief look at some of the fresh faces who may be in for a cabinet post.

1 Maryam Monsef
Liberal — A refugee and community activist; founded the Red Pashmina Campaign.

2 Anita Vandenbeld
Liberal — International expert on democracy and human rights; awarded Canadian Peacekeeping Service medal in 2008.

3 Robert-Falcon Ouellette
Liberal — Spent 19 years in the armed forces. Expert on indigenous education; professional musician.

4 Carla Qualtrough
Liberal — Lawyer and vice-chair of B.C.'s workers' compensation appeal tribunal; won three bronze medals in swimming at the 1988 and 1992 Paralympic Games.

About one-third of the 99 members comprising the new Conservative caucus are federal rookies, though many come from political careers in other levels of government.

The NDP, meanwhile, has 44 caucus members, including 16 new MPs. Here's two more MPs to learn more about:

Bob Saroya
Conservative — Immigrated to Canada from India in 1974; distinction of being one of few Conservative MPs from Toronto-area.

Richard Cannings
NDP — A biologist who served on B.C.'s Environmental Appeal Board.
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POLITICSS

Former minister offers her advice

Jessica Smith Cross
Metro | Toronto

Frances Lankin recalls what it felt like at Convocation Hall on Oct. 1, 1990, to look around at the faces of the politicians who, with her, were about to be sworn in as cabinet ministers in Ontario.

"It was very exciting, lots of hugs, laughter and celebration," she said. Lankin expects the federal cabinet ministers who will be sworn in Wednesday will feel the same euphoria she did. She offers advice for new ministers:

• Take media training and learn how to respond to media questions with candor while being careful not to fall into media's "traps."

• Work with your cabinet, caucus, the opposition and stakeholders. Listen to them. "Remember this is a team effort, you're not an individual star," she said.

• "Enjoy yourself. It's an amazing privilege."

More clues in crash

METROJET AIRBUS

Satellite shots picked up heat around jet before crash

U.S. satellite imagery detected heat around a Russian passenger jet just before it went down in Egypt's Sinai Peninsula, two U.S. officials said Tuesday. But the discovery doesn't resolve the mystery of why the plane crashed, killing all 224 aboard.

A missile striking the Metrojet Airbus A321-200 was ruled out because neither a launch nor an engine burn had been detected, one of the officials said.

The infrared activity that was detected could mean many things, including a bomb blast or that an engine on the plane exploded due to a malfunction.

Aviation analyst Paul Beaver said the heat picked up by the satellite "indicates that there was a catastrophic explosion or disintegration of the airplane," but doesn't reveal the cause.

He said it could be a bomb, or a fuel tank or engine exploding, although "engines are designed so that if something malfunctions or breaks off, it is contained within the engine," Beaver added.

Both U.S. officials spoke on condition of anonymity because they weren't authorized to discuss the information publicly.

Some aviation experts had earlier suggested a bomb was the most likely cause of Saturday's crash, while some others pointed at a 2001 incident in which the jet damaged its tail during landing.

The Metrojet was flying from Egypt's Red Sea resort of Sharm el-Sheikh to St. Petersburg when it crashed in the Sinai Peninsula after breaking up at high altitude, Russian aviation officials said.

An international team of experts prepared to analyze the plane's flight data and cockpit voice recorders, the so-called "black boxes."

THE ASSOCIATED PRESS

CROSSING TOO RISKY Migrants get off a dinghy after they cancelled their journey because of bad weather. They were planning to travel to Greek island of Chios from the Turkish coast near Cesme, Izmir, Turkey, Tuesday. More than 300,000 people have travelled on dinghies from Turkey to Greece, with dozens dying along the way. EMRE TAZEGUL/THE ASSOCIATED PRESS

ITALY

Vatican scandal heats up

Two new books are deepening a Vatican scandal with tales of mismanagement and greed, such as sainthood causes that can cost up to a half-million dollars and a monsignor allegedly breaking down the wall of his next-door neighbour — a sick, elderly priest — to expand his already palatial apartment.

The leaks in the new books are seen as part of a bitter internal struggle between the reformers and the old guard. This week, the Vatican arrested two former members of the commission in an investigation into stolen documents.

Merchants in the Temple. by journalist Gianluigi Nuzzi, alleges that Vatican officials who promote sainthood causes bring in hundreds of thousands of euros in donations for their causes.

The new book Avarice, by journalist Emiliano Fittipaldi, details financial wrongdoing at the Vatican, citing reports by independent auditors.

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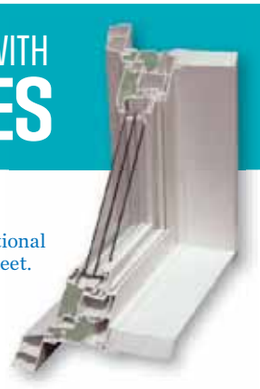

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TECHNOLOGY

Facebook showing off its smart software

Social networking giant Facebook is touting the work of its artificial intelligence team at an industry conference in Dublin this week. Among the team's accomplishments: the development of software that can analyze a photo and answer questions about what it shows, or study a picture of toy blocks and predict whether they will fall over. The team is hoping to turn this artificial brain into a virtual personal assistant.

THE ASSOCIATED PRESS

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TWITTER

New icon breaks users' hearts

Many Twitter users aren't feeling the love for the social network's new hearts.

The red icon has replaced the star that was found below each tweet.

Before the change, clicking the star meant a tweet was a "favourite," and now clicking the heart means you "like" a tweet.

Twitter Inc. says it made the change because the star can confuse new users and the heart is more universally known around the world.

But the move is facing strong opposition from some Twitter users.

Joanna Cornish said Tuesday the "star" icon was a unique aspect of Twitter, and she doesn't like the "idea of sameness" with using the heart emoji also featured on Facebook and Instagram.

"Within the realm of Twitter, I think people figured out the star pretty quickly," said Cornish, who has more than 2,000 followers.

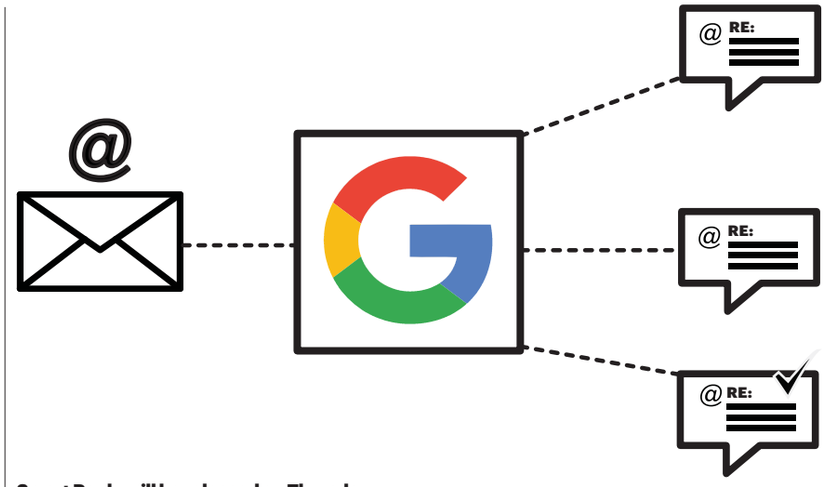
"When you first join Twitter, it is pretty disconcerting; but it's not an impenetrable fortress that you can't figure out.

"I think if you give yourself a little bit of time, you start talking like people do on Twitter. You figure out what the language is within the social media platform pretty quickly. I don't think the star is that confusing."

Cornish writes posts about the Toronto Blue Jays on her blog humandchuck.com, and said she's previously used the "favourite" button as a way to acknowledge people who send nice tweets about her or her writing. She would also use the tool as a way to bookmark a link within a tweet she wanted to read later.

"Me favouriting a tweet is not the same thing as saying this is my favourite kind of ice cream or these are my favourite shoes."

THE CANADIAN PRESS



Smart Reply will be released on Thursday. ILLUSTRATION: ANDRES PLANA/METRO

Google tool to reply to emails

SOFTWARE

Search giant's Smart Reply offers choice of short answers

Thanks. Got it. Will do.

These are the kind of rote email responses Google wants to save users from typing with a new tool that generates automatic replies.

The Internet search giant will introduce Smart Reply on Thursday to its Inbox by Gmail app for Android and iPhones. The software scans emails to capture the gist of what is being said and suggests three short phrases in response.

Users select the best option at the bottom of a smartphone screen. Then they can either click send or tack on a more personalized message.

Smart Reply learns to predict likely answers based on past responses.

However, experts are not convinced the tool will do much to address the time management and productivity problems associated with e-mail culture.

Many employees suffer from stress related to the number of emails they receive, expectations for replies and pressure to be connected 24/7, said Stephen Liptrap, executive vice-president at human resources and technology consultancy Morneau Shepell.

"I just don't think (Smart Reply) is going to help reduce stress in peoples' lives," Liptrap said. "If it automatically generates a reply for me, then the machine on the other end replies to that and I almost worry that we end up with more messages."

Instead, Liptrap said 20 to 50 per cent of emails could be eliminated if people were more conscious about whether a response adds value and who we include on the reply.

"You should be managing your outbox rather than your inbox," he said. "If we had everyone be a little more thoughtful rather than instantaneous on replying, all of us would have less messages and we would all have more time to focus on things that are bigger priorities."

About 80 per cent of the emails we receive do not reply a response, said Dawn O'Connor, an email etiquette expert and director at Think Productive.

Her corporate clients spend an average of two to three hours each day on email. About 40 per cent of respondents to a study by her firm said they feel overwhelmed by the messages. TORSTAR NEWS SERVICE

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I have the world's worst boss. On the weekend, I sent him an angry email (I admit I was drinking). I basically told him he was unfair to his staff. He hasn't said anything, so I'm hoping he missed it. What should I do?

Dear Ellen,

I have the world's worst boss. Every week we have a departmental meeting but he's always late. It's a very high-pressure job so it's extremely frustrating to waste time waiting for him. Also, he never sticks to the agenda. Instead, he brings up random items and becomes irritated when people are not prepared to discuss them. There are lots more problems, but my big problem is that I sent him an angry email on the weekend (I admit I was drinking). I basically told him he was unfair to his staff. When I came back to work on Monday, he didn't say anything, so I'm hoping he missed it because he gets so many emails. But I'm also worried he's just waiting to sarcastically criticize me at the next weekly meeting, which is how he fired the last person here.

What should I do?

Anita, Toronto

Dear Anita,

I can't pretend I've never sent a drunk-and-disorderly email. My solution on one occasion — in the sudden, horrifying realization of what I'd done — was to quickly send 50 more emails with blank messages, and then send a final email claiming I'd been hacked. I was hoping the target of my attack would see so many emails in his inbox that he wouldn't bother to read any of them. I can't remember if it worked or not. Sometimes failing memory is a good thing. In any case, it's too late for you to try this tactic.

Do not drink and then attempt to operate any electronic devices.

As for your angry email, I'd love to tell you to quit so you don't have to work for this sociopath anymore, but I'm sure you've already considered that option. And the fact is, no matter where you work, there will always be at least one person in the office who seems determined to make your life a living hell.

I've experienced many versions of the type. One uncouth, gluttonous co-worker used to scarf down weird-flavoured potato chips all day. Judging by his breath, I'm guessing his favourite was extra-garlicky cabbage roll. Then he'd lean into my cubicle and smear his greasy fingers all over my computer screen to make unhelpful editing suggestions. Another co-worker spent all day interrupting my concentration to talk about her hair, and her boyfriend, and her diet, and her hair, and a dream she had about her boyfriend, and also a diet-hunger dream she had about her hair. Looking back, I think getting fired from that job would have been an act of mercy.

But at least those co-workers' sins were out in the open. More dangerous were the colleagues who appeared to be pleasant and professional, but were really back-stabbing, idea-stealing, confidence-undermining, power-sucking corporate sluts. Unfortunately, this latter category is the group from which many managers and supervisors are drawn — including your boss. He's clearly a prime example: a petty bully who's not secure or smart enough to know that treating people well is actually the best way to get them to work hard and be more productive.

So what should you do? If the email was a profanity-laced rant that no polite person would inflict on another human being, I'd suggest going to your boss in person and apologizing. But if he's as bad as you say, and if your email simply, and accurately, called him "unfair to his staff," there's no point. He'd likely meet any apology with ridicule rather than gracious acceptance.

My advice is to pretend it never happened. If he's going to fire you, there's nothing to be done except wait for it with all the dignity you can muster.

In future, my added advice is to state the obvious: Do not drink and then try to operate any electronic devices. If you must stab out an abusive message, send the drunk version to yourself, and review it in the morning.

You'd be surprised how satisfying and often hilarious it can be, not to mention the salubrious sense of relief with which you'll start the day.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Sure, rehire the FHRITP guy. Maybe a dose of humility reformed him.

You know how you can lead a horse to water, but you can't make it drink?

Well, there's this sister saying: If you lead a horse to water, sometimes, it takes a drink.

And that's why we should be just fine with the F--k Her Right In The P---y guy getting his job back at Hydro One.

Remember him? He didn't yell FHRITP at a female journalist during a live broadcast, but he defended the guy who did, calling it "f--king hilarious." Shawn Simoes was fired, but has since been rehired via an arbitration process. His union claims Simoes made "extensive efforts" to make amends, including sensitivity training, a donation to an anti-violence-against-women group and an apology to the reporter, Shauna Hunt.

Who knows how much he donated, or whether he's been sufficiently sensitized, or even if he meant that apology, offered days after his conduct went viral.

But I do know this: I want a society where it's possible for jerks to be rehabilitated. Where misogyny isn't just ostracized, but effectively neutered. Where we expect people to learn and change, even idiots.

So, Shawn over here, Mr. Arrogant, Sexist, Belligerent— there's a good chance international condemnation, the potential loss of his livelihood, the sincere expression of anger from Hunt, and especially the post-incident sobriety all might have collided in his head and caused him to rethink his stance on rapey expletives.

Maybe it hit the next day. Or maybe the revelation arose gradually, like body odour, and he was like, "What is that odd feeling?" Then: "Oh God, it's remorse!"

Then maybe he went to his mum (as so many of you insisted he do) and was like, "Mum, I understand that since I wouldn't yell 'F--k Her Right In The P---y' at you, I shouldn't yell it at other women."

Then he went to his employer and was like, "Boss, I'm the not the man I was."

I understand that we want idiots to know there are consequences to idiocy. But, like those in favour of lower incarceration rates, I think we have to allow for rehabilitation.

If we banished everyone who's to some degree a misogynist, we'd soon be able to hear our own echo in the streets. Women's rights haven't come this far by assuming everyone who thinks differently is inherently malformed and unworthy (or incapable) of change.

Like a horse brought to water, there's a chance Simoes took some big gulps of humility, and it's a chance I'm willing to take.

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NOPI COOKBOOK

Where Asian, Middle Eastern and Western worlds meet

Melita Kuburas
Metro | Canada

If you're attempting one of the more complex recipes in his new cookbook with an unsteady hand, writer Yotam Ottolenghi pleads this: "Never experiment on your guests. Always experiment on your family."

Ottolenghi had just flown into Toronto, and shortly after signing a stack of books and rushing through a meal prepared by George Brown College culinary students and staff, he was answering questions about Nopi in front of more than 200 fans gathered at the school's auditorium. Nopi (Appetite by Random House, $45) is a sophisticated collection of dishes co-created by Ramael Scully, the head chef at his London, U.K. restaurant of the same name.

It's hard to believe they didn't use a food stylist.

The colours are bold; grapefruit pinks and cilantro greens popping out of the shadows of fried meats that are made glossy with pastes and glazes like miso butterscotch and the soy-based Asian master stock — "liquid gold" that is the secret behind a couple of the signature dishes in this book, Ottolenghi writes.

The stock in Nopi is derived from Scully's Southeast Asian background, a tradition passed on from his family including his mom, whom he still admittedly calls for help if he gets "stuck" on a recipe.

"It's a very unique technique that most chefs would not know," Ottolenghi tells Metro about the stock (recipe on pg. 304). "It's something that you kind of have all the time in the house and you can reuse and reuse. As long as you boil it up properly you can have it for years."

Aside from Nopi, Ottolenghi owns a handful of deli-style restaurants around London. While his four previous books were all New York Times bestsellers, it was 2012's Jerusalem that shook up the culinary world by spawning cooking parties, Instagram hashtags and Facebook accounts where a devoted fanbase shared their creations of the Middle Eastern dishes.

RAMAEL SCULLY:
"You've got three components: you've got the lamb, that's been lightly marinated in herbs. You've got the red onion pickled and peppered salsa, and you can put that salsa with a piece of fish. Then you've got this peanut sauce that you can also use with fish, or as a crudités dip for a dinner party."

"The Jerusalem thing was inspiring for people in many ways, because I think they thought they were almost doing something political," Ottolenghi says.

"Sami (Tamimi) and I come from the two sides of this warring place and in a sense I think that was one of the motivations.

Take your time with a Nopi recipe and choose one you're comfortable with. Lamb Loin with Peanuts, Coconut Milk and Red Onion Salsa is "pretty straightforward," Ramael Scully says.

It (also) featured a lot ingredients people hadn't used before: date syrup, pomegranate syrup, tahini paste ... infused water (orange blossom water and rosewater). It was a journey of discovery to cook through this book," he says.

Ottolenghi uses food to bridge flavours, cultures and worldviews in a way that is challenging but ultimately makes sense. This is likely what makes the self-described recipe writer ("I don't work in a kitchen anymore, he says") so popular.

Nopi is where the Asian, Middle Eastern and Western worlds meet. Ginger is a key ingredient throughout — one of Scully's favourite spices, it's used in a "non-Asian" context such as a butternut squash with tomatoes and lime yogurt.

Yogurt is another staple here. "We took yogurt to different levels," Scully says. "I've smoked it, caramelized it."

Whatever the twist, they want Nopi to "open people's minds," Ottolenghi says.

"The idea is not to introduce new ingredients for the sake of it but just show how old ingredients and new ingredients can come together and you have a whole new experience with food."

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RECIPE

Lamb loin with peanuts, coconut milk and red onion salsa

Serves 4

- 1 lb 7 oz (650 g) trimmed lamb loin
- 5 rosemary sprigs, stems discarded and leaves coarsely chopped
- 6 cloves garlic, skin on, crushed with the flat side of a large knife
- 3 Tbsp olive oil
- 4 or 8 caper berries, halved lengthwise, to serve
- Coarse sea salt and black pepper

Peanut sauce

- 31/2 oz (100 g) roasted salted skinless peanuts
- 5 tsp sesame seeds, toasted
- 1 medium red chile, coarsely chopped
- 3 anchovies in oil, drained and coarsely chopped — 1/3 oz (10 g)
- 2 Tbsp olive oil
- 1 1/2 Tbsp lemon juice
- 1/3 oz (10 g) cilantro, leaves and stalks coarsely chopped
- 3 Tbsp coconut milk

Pickled onion salsa

- 1/2 small red onion, sliced into 1/32-inch (1-mm) rounds — 3 1/2 oz (50 g)
- 1/2 tsp sumac
- 1/4 tsp superfine sugar
- 1 Tbsp cider vinegar
- 2 1/2 oz (70 g) jarred piquillo peppers, sliced into 1/32-inch (1-mm) rounds
- 1/3 oz (10 g) parsley, finely chopped

1. Place the lamb loin in a non-metallic container with the rosemary, garlic, olive oil, 1 Tbsp of salt, and 1/2 Tbsp of black pepper. Mix well and leave to marinate in the fridge for at least 4 hours or, preferably, overnight. Take the lamb out of the fridge half an hour before you are going to cook it, to bring it to room temperature.

2. Place all the ingredients for the peanut sauce in a food processor. Blitz to form a smooth paste and set aside until ready to use.

3. To make the salsa, place the onion slices in a bowl and add the sumac, sugar, and 1/4 tsp of salt. Rub in the seasonings before pouring over the vinegar. Add the peppers and parsley, mix gently, and set aside.

4. Place a grill pan over high heat. Remove the lamb from the marinade and discard the marinade. Season all sides of the lamb with 1/2 tsp of salt and some black pepper, then sear for 2-3 minutes, turning so that all sides get browned. Reduce the heat to medium and cook for another 6-8 minutes, until pink in the middle, or a minute or two longer if you want it well done. Let the lamb rest for 2 minutes before cutting it crosswise into 1/3-inch (1 cm) slices. Divide the slices among four plates and spoon the peanut sauce and salsa on top or alongside. Garnish each plate with a caper berry or two and serve.

Chefs Yotam Ottolenghi, left, and Ramael Scully. HANDOUT

Move over food networks, people want short videos

TREND

Online tutorials appeal to needs of the busy home chef

Rayna Marlee Schwartz, 28, a freelance prop and crafts stylist in Toronto, found a video online demonstrating how to make apple roses. This photo, which she posted on Twitter, shows her version. THE CANADIAN PRESS/HANDOUT

It seems you can't scroll through Facebook anymore without coming across another slick, quick video recipe.

A Tip Hero video tutorial demonstrating how to make baked apple roses went viral and has garnered 200 million views on Facebook.

Rayna Marlee Schwartz, a freelance prop and craft stylist in Toronto, saw the apple roses recipe — which involves rolling slices of the fruit with puff pastry and baking them in a muffin tin to resemble a flower — online and decided to give it a try.

"I think the videos are really great because ... it breaks it down step by step and I know I (can) watch it over and over again as I go," said Schwartz, 28, who shared her results on Instagram, Twitter and Facebook.

Katherine Holland, a 31-year-old Toronto-based photographer, was lured by the apple roses video recipe and said she appreciated that she could see the whole process from start to finish in just over a minute.

"Whereas if you're watching ... the Food Network, to make one of those things you're committing to 35 minutes and by the time you're done you're like: 'I have no interest in this anymore. That is the amount of time I could have actually made that,"' she said.

If there's a drawback to getting hooked on the social media recipe trend, it's trying to find the right instructions when you need them, said Nada Bakraky, 29.

"I made these pumpkin cream cheese muffins before from Pinterest, but when I went to find (the recipe) again there were so many variations I couldn't figure out which was the one I'd used the first time," said Bakraky.

"I started writing them down in my own cookbook. But I've stopped buying cookbooks. Everything's online."

Schwartz admits that her tech toys have taken some abuse since discovering online recipes. "My iPad, when I'm baking, it's covered with flour and egg and everything. It's just thrown on the kitchen counter. I'm touching it with my dirty hands," she said.

Holland, who can't eat gluten, dairy or eggs, said she also loves that online recipes commonly have comments attached that help her make her own tweaks.

"People says things like, 'I changed out these six things,' or 'I cooked this for an extra eight minutes and I found this solved this problem,"' said Holland.

"You'd never get that from a cookbook."

Even the pros have embraced the online chatter around recipes and are adapting. British-based chef Yotam Ottolenghi, owner of five London restaurants and author of the new Nopi cookbook, started using Twitter about four years ago and now also posts on Instagram, Pinterest and Facebook.

"It's been very useful for me, first of all, to engage with people and understand what's going on and also because I like to get a good idea of what people do with the food," he said. "I think it's really important when you write cookbooks to get this kind of input of what's actually happening."

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Local Greek chefs customize phyllo dessert in 40 flavours

It's a mainstay of Mediterranean and Middle Eastern cuisines; an export well-loved and well-eaten across the globe.

For something so ubiquitous, it's a wonder why — and how — no one has really experimented with baklava (have you seen a phyllo equivalent of the cronut?) and somehow, it's remained unadulterated, true to its nut-stuffed, sweet-syruped form.

"Maybe nobody wants to take a risk?" says Julie Kyriakaki, a local baklava entrepreneur and co-owner of Meli Baklava & Chocolate, a tiny two-year old company.

"We're trying to be one step ahead."

By that, she means, layering their handmade Greek-style version of the flakey multi-layered pastry with unorthodox ingredients — such as candied oranges (all made by hand and in-house), apricots, figs, walnuts, blueberries, pumpkin and spice.

Even dipping them in chocolate.

Traditionally — and it varies depending on where it originates — baklava is a humble food, fashioned only with nuts, butter and a simple syrup. Sometimes there's honey. Sometimes rose water.

Torontonians have been receptive to Meli's radical ideas about this iconic pastry. The company's two bakers — working in a Scarborough kitchen with local ingredients — crank out more than 1,000 pieces of their inventive baklava weekly (though they do traditional, too). Some of it lands in special orders. Some is sold at Meli's itsy bitsy storefront on Queen St. W., across from the Bell Media Queen St. building.

It's the perfect place to be experimental. But, Kyriakaki says, that doesn't mean sacrificing quality, which is what their business is based upon.

Immigrants from Greece — and impassioned lovers of the country's national pastry — Kyriakaki and Meli's three other co-owners (Niki Drakopoulou, Kelly Drakopoulou and Tasos Drakopoulos) were unimpressed with the degradation they say they saw in the quality of today's baklava.

To save money and time, mass producers, they say, have swerved away from the cornerstones of proper sweets, swapping butter and lemons for cheaper ingredients, like oil and citric acid.

And no one was customizing this treat — so they saw a niche.

Chef Niki Drakopoulou, a co-owner and an Athens transplant who has been making baklava for more than 25 years, she says, shows off a plate of handmade candied oranges — each slice hand-cut, slow-baked and bathed in homemade syrup. "So much work!" she says. She places the slices among the layers of phyllo dough as she butters each velvety sheet. Once she's done, the tray is baked and then, after a rest, co-owner Chef Tasos Drakopoulos ladles hot syrup overtop from a giant, silver pot filled with liquid honey and caramelizing lemons.

Nearby, trays of baklava — about 40 different flavours in about 10 different shapes and textures, such as smooth cylinders and pouches, crinkly fingers and triangles ($1.50 to $4.50 per piece) — are as pretty as jewels.

They're not just good looking. Golden exteriors are paper thin, crisp and light as Aphrodite's wings. They're sticky and sweet — but almost weightless to bite. A feat of sugary engineering.

And a new take on an ancient favourite. TORSTAR NEWS SERVICE

Above, baklava prepared at Meli Baklava & Chocolate. Right, candied oranges and other baklava ingredients.
TORSTAR NEWS SERVICE ARCHIVE

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No purchase necessary. One entry per person, per day. Contest open to residents of Toronto, ON who have attained the age of majority as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won, each consisting of a double movie pass to "Spotlight." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on November 3, 2015 and closes at 11:59 pm ET on November 5, 2015. To enter and for complete contest rules visit www.clubmetro.com.

You can't beet this recipe

WORD OF MOUTH

All parts of this purple root can be made into tasty dishes

Theresa Albert
For Metro Canada

Beet stems can be turned into fresh pickles for a charcuterie board. PHOTOS: THERESA ALBERT

Beet stem pickles can be served 48 hours after being jarred.

Do not throw away anything!

The sustainable "nose to tail, tip to fin before the compost bin" is a wise habit of yesteryear that has returned.

Think of some of the food items that you would normally toss that could have second life: Celery ends, onion skins, chicken bones and carrot tops make perfect soup.

But beets offer the best bang for your autumn buck.

- The beetroot itself can be scrubbed and roasted in the oven, skins on, for 45 minutes at 400 F.
- The greens can be rinsed and pan-fried with extra virgin olive oil, minced garlic and a pinch of sugar.
- The stems can be lopped off and turned into fresh pickles for your charcuterie board in no time.

Beet Stem Pickles

- 1 bunch beet stems
- 2 cups water
- 2 cloves garlic, sliced
- 2 tbsp kosher salt
- 1 tsp mustard seed
- 2 tbsp honey
- ¼ cup white wine vinegar

1. Cut stems into a uniform size to fit into a mason jar.

2. Bring water to a boil and add garlic, salt, mustard seed and honey and simmer for 2 minutes.

3. Turn off heat and add vinegar. Place stems into jar and pour liquid over topping with more vinegar to fill.

4. Cover with lid and shake. Store in fridge for 48 hours before serving, shaking on occasion.

5. Consume within 6 weeks as pickles, in salads or on a charcuterie board.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Belvedere marks Spectre opening

Peter Rockwell
For Metro Canada

For Bond, James Bond fans, like yours truly, Christmas comes early this Friday with the release of Spectre. It's the 24th time Britain's booze-friendly spy has hit the big screen.

Aficionados of Bond's liquid preferences did a unified spit-take last time around when 007 was seen sipping a brewski and virtually ignoring a chilled bottle of Bollinger champagne in Skyfall.

The sigh of relief was near deafening when Belvedere vodka announced that they were stepping up to product-place their brand into Daniel Craig's hand, ensuring that his signature Vesper martini would make an appearance in Spectre.

To commemorate their union, Belvedere has released a tie-in Limited Edition 007 ($49.95) version of their luxury Polish vodka.

While inside you'll find the distillery's distinctively silky smooth neutral spirit, it's the outside that will have fans shaken, not stirred.

Circling the Belvedere mansion with the classic Bond rifling swirl, they've added the 007 logo and the creepy octopus symbol of Spectre to the bottle's design. Bond has never looked or tasted better.

Prices reflect the range across the country. Some products may not be available in all provinces.

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WHAT I'M WATCHING **FARGO: SEASON ONE, EPISODE 10 (SHOMI)**

I rarely pay attention to music on TV shows, but Fargo's is magnificent

Johanna Schneller
For Metro Canada

The Score

Extremely capable, extremely pregnant police detective Molly Solverson (Allison Tolman) starts to tell her chief, Bill Oswalt (Bob Odenkirk), that the case they've been working is almost over — they're closing in on the soulless psychopath (Billy Bob Thornton) who's wreaked so much havoc in their tiny town of Bemidji, Minn.

But she's stopped by the sadness in his eyes. "I quit," he tells her. "I don't got the stomach for it … I used to have positive opinions about the world, about people.... Now I'm staring into the fireplace, drinking. I never wanted to be the type to think big thoughts about the nature of things."

It's a lovely moment about a decent man who can't fathom indecency. But what really moved me is how the score, by Jeff Russo, echoed everything Oswalt said in the swell of its strings and horns. I rarely pay attention to music on TV shows, but Fargo's is magnificent: chilly and ominous when it needs to be, but always with an undercurrent of mournfulness, a throb of humanity. The series is a brainiac's delight — each episode is named for and makes reference to a famous philosophical paradox or dilemma, or a zen koan.

Fargo is the thinking person's cop show with a score that makes you feel things in your gut. HANDOUT

The scripts ruminate on the nature of mankind: What is good? Why do we perpetrate violence? Are we all capable of evil? The actors, with their deliberate overlay of naiveté, do a wonderful job of selling those questions. But it's the score that makes you feel them in your gut.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

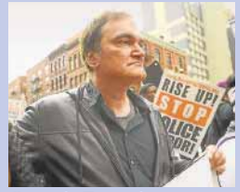
CONTROVERSY

Police group calls for Tarantino boycott

Calls by police groups to boycott Quentin Tarantino's The Hateful Eight are putting pressure on one of December's most anticipated releases and inserting one of Hollywood's top directors into a pitched cultural battle.

A growing number of police groups have called for the boycott of the upcoming release after remarks the director made during the Brooklyn rally against brutality on Oct. 24 where he said: "I'm a human being with a conscience. And if you believe there's murder going on then you need to rise up and stand up against it."

THE ASSOCIATED PRESS



Quentin Tarantino
THE ASSOCIATED PRESS

COMEDY

Ansari one step closer to mastery

By one measure, Aziz Ansari has taken just a baby step with Master of None.

The new Netflix comedy series, whose 10 episodes premiere Friday, arrives as the latest in a TV genre of stand-ups (think Jerry Seinfeld, Louis C.K., Jim Gaffigan) depicting versions of themselves both on and off the stage.

But Master is its own distinctive thing, thanks to the distinctive voice of Ansari — a top stand-up who can pack Madison Square Garden in addition to being a capable actor building on his seven-season run as pint-sized impresario Tom Haverford on Parks and Recreation. He also created, produced and wrote Master (in cahoots with fellow Parks and Rec alum Alan Yang) and directed two episodes.

Granted, the 32-year-old Ansari hasn't strayed too far for his new character, Dev, a first-generation Indian-American and aspiring actor who lives in New York, where he has found moderate success doing TV commercials and spends his ample free time with a varied troupe of friends.

Aziz Ansari plays himself in Master of None. HANDOUT

"There's no big premise," says Ansari. "I tried to make the series similar to stand-up in the way each episode deals with a particular topic: long-term relationships, elderly people, how Indians are stereotyped on TV. I've enjoyed all the acting work I've done, but, until now, only in my stand-up have I felt like I've been able to get out my voice."

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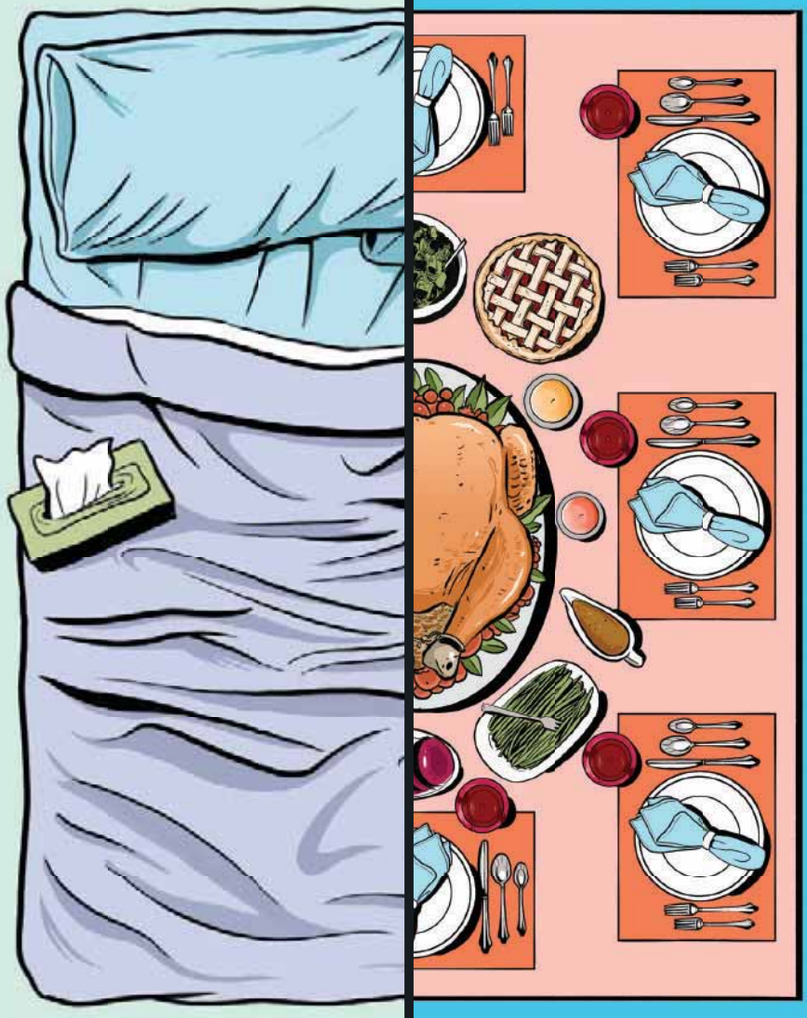

Did you know you can spread the flu without even having symptoms?
For some of your loved ones, the best defence against the flu is you.

Walk in to your local Shoppers and get your flu shot.

SHOPPERS DRUG MART

Adele spent half a year writing Hello. She shares this, and other things you may have not have known about her, in a new Rolling Stone cover story. HANDOUT

Five things Adele wants you to know

ROLLING STONE COVER

Singer spills about drinking, celeb feuds

Matthew Lee
Metro | New York

Adele is on the cover of Rolling Stone, and she has a lot to say.

Because you're a busy person, we've boiled down the article to the five most important things that you need to know:

1 It took her six months to write Hello. Six months! "We had half a song written," says producer Greg Kurstin, who didn't know if Adele was ever going to come back and finish it. "I just had to be very patient."

2 She quit smoking and cut down the drinking. "I absolutely loved it, but it's not that f—ing cool when I'm dying from a smoking-related illness and my kid is, like, devastated," she says. "I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know. They pick up on it and just go for you."

3 She wants Bad Girl RiRi in her squad. "I've heard about a squad. I wish my squad was all supermodels. We are, in our brains. I guess I have my own squad," she says. "It's not as interesting as some of the other squads that are around right now. But maybe Rihanna can be in my squad! That would be really cool."

4 Don't think about pitting her against other pop stars. "I would rather not be that person because that's just pitting a woman against another woman, and I don't hold any more moral high ground than anyone else. So that has pissed me off a bit."

5 She's a feminist. "I believe that everyone should be treated the same, including race and sexuality," she says.

> **I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know.**

BRIEF

Will Kardashians cash in on Odom overdose? Now that Khloe Kardashian has settled into nursing estranged husband Lamar Odom back to health following his Nevada brothel collapse, mom-ager Kris Jenner is reportedly making her an offer she (probably) can't refuse. Jenner is said to be dangling a raise in front of Khloe in exchange for including the Odom story on their reality show, according to Radar Online. And sister Kim is not happy Odom is stealing her pregnancy thunder. "She wants the birth of her son to be the centerpiece and not Lamar's overdose," says the source.

METRO

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Surprise! Yaris sedan returns

ROAD TESTED

THE CHECKLIST | 2016 TOYOTA YARIS SEDAN

THE BASICS

Type. Four-door, five-passenger subcompact sedan
Engine (hp/torque). 1.5-litre I4 (106/103)
Transmissions. 6-speed manual, 6-speed automatic
Price. Base $16,995, as-tested $22,200 (plus destination)

COOL FEATURES

- Available info display with 7-inch touch screen, 6 speakers, 2 USB ports, auxiliary jack, voice recognition and back-up camera
- Power adjustable and heated outside mirrors
- Bold face with hexagon lower grille, chrome and modern sharp-eyed headlights; chrome tailpipe and piano black bumpers
- Standard keyless entry, push-button start and cruise
- 60/40 split rear folding seat
- Surprisingly roomy trunk (382 L)

MIKE GOETZ/FOR METRO

POINTS

- Based on a Mazda2 and built by Mazda at its new Mexican plant
- Sold in U.S. as the Scion iA
- Automatic transmission with lock-up converter provides more city/highway combined fuel efficiency (6.4 L/100 km) than 6-speed manual (6.7 L/100 km)

MARKET POSITION

- Targeted at young and mature customers who don't need lots of room, but still covet premium features
- More of a European take on the small-car segment, where vehicles are expected to have sporty and agile handling, and expressive styling

THE COMPETITION

Ford Fiesta sedan
Base price: $15,399

Hyundai Accent sedan
Base price: $13,899

Chevrolet Sonic sedan
Base price: $19,645

REVIEW

Now with more personality and lots of non-Toyota parts

Mike Goetz
For Metro Canada

"Don't it always seem to go/That you don't know what you've got till it's gone."

When Joni Mitchell sang that line in her song Big Yellow Taxi, I'm pretty sure she wasn't emoting about the Toyota Yaris sedan.

While the Yaris hatchback has remained a constant and popular subcompact player, its sedan sibling hasn't been around for a few years.

The cruel truth is not many of us noticed. That version might have been very serviceable as a small sedan, but unfortunately it was also very nondescript.

This time around Toyota went for more personality, as per its recent strategy to break free of its historically conservative brand image.

It's also different in another major way. The Yaris sedan utilizes the same basic platform as the Mazda2, and is built by Mazda at its brand new facility in Salamanca, Mexico.

Partnerships like this are not uncommon in the auto industry, so no big deal there, but the very distinctive and swooping "Kodo" styling embodied on Mazda products at the moment is a curious element to bring to a Toyota product. Especially when Toyota has gone to a very large and distinctive trapezoidal front grille design. I don't know if marrying those two elements works? Styling is subjective so I'll shut up now about its looks and let you decide for yourself.

As far as the car goes, it's a really sporty and decent performer. Mazda's 1.5-litre four is rated at 106 hp, but from the driver's seat it actually feels feistier than that. Certainly fostering the notion is the raspy engine note, an automatic transmission with a very direct feel, and that well-regarded and stiff Mazda2 chassis.

The optional 6-speed manual should make this small sedan even more fun, but if you're expecting stuff like a big info display, better and more connected audio system with voice command, heated seats, and back-up camera, you'll have to migrate to the "automatic" model ($18,200) and add its exclusive Premium Package ($2,000).

The bones of the cabin are also Mazda, with its prominent top-of-the-dash mounted touchscreen, which can also be navigated with a console-mounted controller. Not a fan of the system in the Mazda and same thing here.

But otherwise the cabin is nicely executed with lots of chrome accents and soft-touch trim, and a steering wheel that's lovely to hold and fitted with switches to access Bluetooth and audio.

Making a small sedan is always dicey, as hatchbacks are able to give you more room and versatility for the same meagre footprint. But if you're going to build one, it makes sense to go this route and make it feel just like a smaller version of those larger and coveted premium sports sedans.

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It's turbo time for the Porsche 911

THE GREEN ANGLE
Metro's weekly picks for the latest in environmental news

Turbocharging has been deemed essential for the Porsche 911 to meet government pollution regs. It will also help against cars that currently make more power for significantly less money.

TEXT AND IMAGES BY WHEELBASE MEDIA

EMISSIONS

Porsche flagship gets turbo engine across the lineup

It's a long way from the original air-cooled four-cylinder engine that once hung out over the Porsche 911's rear axle, but in an effort to help meet increasingly stringent fuel economy and greenhouse-gas-emissions standards, Porsche will have turbocharged engines across most of its 911 sports-car line. And it's no happy accident that they will offer a 20-horsepower increase in output over the current, non-turbo engines. The new 3.0-litre turbo has slightly less displacement than the current 3.4- and 3.8-litre engines, but turbocharging forces more air into the cylinders, artificially increasing displacement when extra power is needed.

PRODUCTION

Seeking a breakthrough with windshield glass

In the quest to make cars lighter and stronger, more auto manufacturers are looking at Corning's Gorilla Glass. Already widely used among mobile-device manufacturers, Gorilla Glass reduces the typical windshield's weight by up to 30 per cent.

The rub as always, reports Motor Authority, comes with the cost. The chemical process that gives Gorilla Glass its strength is more expensive than the traditional soda-glazing process, so finding a production technique that allows automakers to exploit its advantages and meet automotive standards — without becoming too pricey — will be key. "Given the industry's demand for glass, it's clear widespread adoption isn't a matter of if, but when," says the website.

EXTRA RANGE

New Leaf springs further per charge

The world's best-selling electric car is back for 2016 with a newly optional battery pack that's good for about 170 kilometres of motoring range per charge, up from the base range of about 135. Sporting the first 30-kilowatt battery in the segment, the bigger-battery Leaf gains about 20 kilograms without sacrificing interior space, and retaining its four-door hatchback passenger/cargo versatility. It has exactly the same interior dimensions as the existing 24-kilowatt Leaf, but the extra range "will make Leaf ownership an easy first choice for many, many more drivers," said Nissan Europe chairman Paul Wilcox.

DRIVING FORCE

When Ford needs to make cars winter-ready, it heads south

Jil McIntosh
For Metro Canada

No matter how cold it is outside, vehicles are expected to start right away and run properly after they do. Automakers test extensively for this, and sometimes in the most surprising places. Ford, for example, goes to Florida in the middle of summer.

One of the world's largest climatic laboratories is located within a U.S. Air Force base on the state's Gulf coast, where the temperature inside can be adjusted from a high of 48 degrees Celsius, to a bone-chilling minus-65.

"It's a unique opportunity to do extreme cold-weather testing," says Rich Shimon, Ford's technical expert for gasoline powertrain calibration. "We're able to get 72 vehicles and 54 engineers in the chamber." Scheduling similar tests in the company's much smaller facilities in Michigan would take months to achieve what engineers can do in three weeks in Florida's McKinley Climatic Laboratory.

Fuels can vary between countries and even in a country's different regions, including octane or ethanol levels, and this can affect how a vehicle starts. Ford tests 13 different fuels at the facility and calibrates its vehicles to them. "We have complex systems such as the injectors, throttle and actuators, and there's not necessarily one right way of doing it," Shimon says. "We're learning how to get the performance out of the engine, and across the environment and fuel economy (standards)."

Several types of tests are done, depending on the vehicle. Engineers have to determine if the emissions systems on diesel engines will function properly in low temperatures, and so Super Duty pickup trucks are started up and left to idle continuously, 24 hours a day, for all three weeks. Other vehicles undergo "cold soaks," where they sit untouched in sub-zero temperatures for several hours before being started.

A 2017 Ford Super Duty undergoes winter testing, including some extra breeze. The truck was camouflaged for media prior to its official launch. JIL MCINTOSH/FOR METRO

Almost all vehicles being tested are new models under development, but if an older model starts racking up complaints from customers or dealers related to cold-weather issues while Ford has the facility booked, the engineers will bring it in to try to duplicate the problem.

The chamber's concrete floor is too slippery for driving tests, and models undergo outdoor road testing at Ford's facility in Thompson, Man. However, laboratory testing is critical, because while outdoor temperatures fluctuate, the climatic chamber can be set to the exact degree and for however long it's required.

During the three weeks in Florida, the vehicles start at 20 C and are gradually chilled to minus-40 so engineers can study how they operate at each stage. "Customers expect quick and easy starts, and our job is to make sure our vehicles do that under any conceivable condition," Shimon says.

COLD AND HOT

- Florida's McKinley Climatic Laboratory opened in 1947 to test fighter planes that didn't always start in the cold in the Second World War.
- If engineers find a problem they try to fix it at the Florida site, but if necessary, they can continue their work at Ford's cold chambers in Michigan.
- In addition to cold temperatures, vehicles are also tested in extreme heat at another facility.

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The Toronto Blue Jays exercised the options on outfielder Jose Bautista, right-hander R.A. Dickey and first baseman/DH Edwin Encarnacion

NBA

Raptors place $33M bet on Ross

It's always a gamble to lavish unfathomable riches on young, unproven athletes — even more so when the beginning of their careers has been pockmarked more by inconsistency than glittered by success.

Raptors president Masai Ujiri knew that full well when he gambled close to $33 million on a three-year contract extension for swingman Terrence Ross, locking up a mercurial 23-year-old far more for what he might bring than what he's done.

"What we're doing is betting on the person," Jeff Weltman, Ujiri's top lieutenant, said here Tuesday, about 12 hours after the sides reached agreement on the deal.

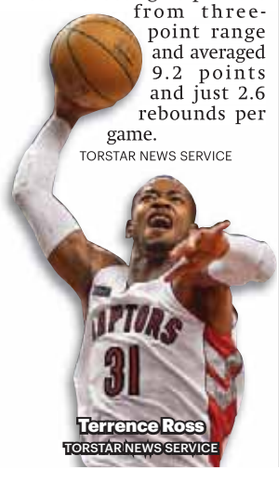
Go to metronews.ca for coverage of the Raps-Mavs game from Tuesday night.

"We're saying all the ingredients are there, the development curve is heading in the right direction and we're betting that he's going to continue along that path."

Ross has shown flashes of excellence coupled with infuriating inconsistency in two seasons and a week that he's been a Raptor. He's had a 51-point game and weeks where he hasn't had 51 points in total.

In 239 games with the Raptors before Tuesday's outing against the Dallas Mavericks, Ross is shooting 38 per cent from three-point range and averaged 9.2 points and just 2.6 rebounds per game.

TORSTAR NEWS SERVICE



Terrence Ross
TORSTAR NEWS SERVICE

Having an elite goalie not the only route to success

PROTEAU TYPE

Adam Proteau

The Maple Leafs got a 43-save performance out of goalie James Reimer Monday in a 4-1 win over Dallas, all but ensuring Reimer would start again Wednesday against Winnipeg. However, with presumptive No. 1 Jonathan Bernier unable to assert himself as a star NHL netminder despite two full seasons with the Buds, Toronto's long-term picture at that position is anything but certain.

That's the less-than-ideal news. But the good news is: If you're going to have an area of concern to address, goaltending is an easier position to address than just about any other.

Now, this isn't to say there are Carey Prices growing on trees. Elite goalies of the Price or Patrick Roy variety are as rare as any other hockey icon. That said, if you look at teams that have won a Cup in recent years, you see not all employed a surefire Hockey-Hall-of-Famer in goal. Sure, the Kings won two championships with Jonathan Quick, but the Blackhawks had Antti Niemi in net when they won it all in 2010, and the Red Wings' most recent Cup victory in 2008 came with Chris Osgood between the pipes.

Goalie Jonathan Bernier, left, and James Reimer with goaltending coach Piero Greco.
DAVID COOPER/TORSTAR NEWS SERVICE

The Leafs may have an impact goalie in the system — for instance, AHLer Antoine Bibeau, who was recalled on an emergency basis Tuesday to back up Reimer against the Jets — but if they look elsewhere, there's a glut of talent at the goalie position almost every year, and numerous examples of netminders who've thrived when given second chances in new environments.

The latest goalie to undergo such a rebound was Devan Dubnyk, the former Oilers backstopper whose game regressed to the point he was nearly out of the NHL — until he was acquired by the Wild last January for a third-round draft pick. Once in Minnesota, Dubnyk became one of the league's hottest goaltenders and is now a big part of that franchise's present and future.

It could be worse for the Leafs. They could need a dynamic young defencemen for the future, but they have one in Morgan Rielly. They could need a forward prospect who makes scouts' mouths water, but in Mitch Marner and William Nylander, they have two already.

They may not yet have a superstar-in-waiting in net, but that's no prerequisite to NHL glory. Ultimately, you have to find the right fit between the pipes at the right time. But there are and will continue to be options for Toronto's goalie picture, and that should reassure Leafs fans the next Curtis Joseph or Felix Potvin will be here eventually.

I feel like I've been playing well this season, not getting a couple bounces.

James Reimer following Monday night's 4-1 win over the Stars

THE CANADIAN PRESS

TORONTO FC

New president embarrassed by playoff stinker

The shockwaves from Toronto FC's humiliating post-season exit continued Tuesday as the team's top executives acknowledged the franchise needs a major defensive upgrade.

A first-ever playoff appearance quickly turned into a post-season flop as Toronto was thumped 3-0 last Thursday by the Montreal Impact.

New team president Bill Manning watched the debacle at chilly Saputo Stadium with Larry Tanenbaum, chairman of owner Maple Leaf Sports and Entertainment.

We laid an egg.

GM Tim Bezbatchenko

"I was embarrassed," said Manning, who has been on the job for all of two weeks. "I was embarrassed as a president and a CEO … it's not something that's acceptable for me in terms of going forward."

GM Tim Bezbatchenko echoed his new boss.

"When we got to the game, we didn't show up," he said. "I'm embarrassed for myself, I'm embarrassed for the team. I think all the players and the coaches are. And I think the ownership is as well," he added.

While improving a porous defence was the theme of the day, no one seemed to have an explanation for why Toronto failed to answer the bell in Montreal. Bezbatchenko said the debrief was not yet complete.

Manning said coach Greg Vanney will return but with expectations of an improved product. THE CANADIAN PRESS

RECOGNITION

Toronto FC forward Sebastian Giovinco is up against Columbus Crew SC striker Kei Kamara and Sporting Kansas City midfielder Benny Feilhaber for the Landon Donovan MLS Most Valuable Player award.

Giovinco is also up for newcomer of the year, against Montreal's Didier Drogba and Mike Grella of the New York Red Bulls.

Sebastian Giovinco
TORSTAR NEWS SERVICE

METROTALKS TIE DOMI

Think you know Tie Domi? You are in for a surprise. As we found out during a conversation with the former hockey player, the on-ice enforcer — who skated from fight to fight — is cementing his legacy with his new memoir, Shift Work.

Thoughts from the penalty box

Dean Lisk
Metro | Canada

When you have a record for being a brute and a goon — 333 career fights in the NHL — how do you change people's view of you?

For Tie Domi, the answer comes from examining his past and focusing on experiences that led to lessons about respect and accountability on and off the ice.

"I love when there is all this speculation about what type of person I was and the role I played," said the former Toronto Maple Leaf, New York Ranger and Winnipeg Jet. "I am totally fine with that."

Sure, Shift Work, out this week from Simon and Schuster, has all the puck and stick tales you would want in a memoir of a high-profile player known for bringing action into the game (fights with Bob Probert and Scott Niedermayer, to name a couple), but it's more about the ordinary people who have inspired Domi with their values.

Tie Domi opens up to Metro about his new memoir and takes on an intern in an arm wrestle. LIZ BEDDALL/METRO

Domi says he was approached to write a book after he retired from hockey in 2006, but the timing wasn't right. He was going through a divorce and had lost money in the 2008 financial meltdown. At one point, he returned home to find an eviction notice tacked to his apartment door.

His life had ebbed too far to write the story he wanted. He planned for the book to be positive. Domi says the real lessons in Shift Work are the ones he learned off the ice.

There is the example of his immigrant father, John, a small-business owner living in Belle River who taught young Tahir (Tie's traditional Albanian name) and his two other children the value of hard work and family.

There is Domi's own experiences attending the funeral of Wade Belak and seeing only three Leafs teammates there.

"I have always believed that life is too short to be negative. Moments like Wade's death and his funeral — and more importantly, the memory of his life — are another reminder to set your sights high and to never be afraid to ask for help to get there."

There are also the strangers. Strangers who became strong friends he admires for their positive attitudes. Rod who shines shoes, Milton and Joe, a waiter and bellman at the Four Seasons hotel in New York, and those coffee-shop employees who put up with customers talking on their cellphones and mumbling orders.

"People say, 'Why the back of your head? Why not your face?'" says Domi, pointing to the cover of his new book, which features the back of his helmet. "This wasn't about me."

"There are real-life stories in there," he added, opening the book and pointing to the photos on the inner cover. "I can't go fight for the guy and stick up for him but I can say what they want to say, and that is why I did the book."

Still, the hockey lover will not be disappointed. In one chapter, the enforcer recounts a moment from his early days with the Rangers, when he scored a goal and rode his stick down centre ice in celebration. He was pulled into the training room by Mark Messier and told to stop the WWE antics.

"He looked me right in the eyes and he said that I had to change my ways. 'You're never going to get respect in this league if you don't respect your peers!'" Domi writes.

"When you are in the public eye, people are always going to have their opinions — whether good or bad," says Domi. "The people who aren't well wishers, those type of people, that negative energy, I wasn't attracted to that in my friends or in my teammates. I was always positive and protected everybody.

"If you weren't positive, then you didn't last around on the teams I was involved in."

THE PLAYERS

We asked Tie Domi to give us his thoughts on some of his contemporaries — for better or worse — and some of the highlights from his career.

Mats Sundin
"Unbelievable player. Unbelievable person. Unbelievable friend."

Darcy Tucker
"Played hard. Tough as nails. Heart like a lion — and you could really rattle him easily."

Eric Lindros
"Next..."

Ed Belfour
"Him and Curtis Joseph are two of arguably the best goalies besides Johnny Bower, ever. Eddy Belfour is a great guy, a great teammate — an unbelievable teammate."

Probert-Domi 1 versus Probert-Domi 2
Which is the better fight?
"For me, Probert-Domi 1."

Daniel Alfredsson
"A lot of respect for him; beat him four times in a row."

TUTORIAL ARM WRESTLING

Wrist action

By his own admission, Tie Domi is an arm-wrestling champ. At 14, when Domi was a Junior C hockey player, his older friends would get him into bars — including Misty's near Pearson International Airport in Toronto — where he would smoke adults in arm-wrestling competitions. We asked him to show us his skills.

"I've never lost, so if you want me to break someone's arms, I'll break someone's arm," he said intensely. He calmed down when he was introduced to Metro's intern, fourth-year Ryerson University journalism student Mallory Chate.

"I am not going to slam any girls. My daughter would be like, 'Dad, you beat a girl in arm wrestling? Are you kidding?'" Domi said before placing his right hand in Chate's left. "The key to cheating in arm wrestling is 'wrist first,'" he tells her as he turns his wrist so his hand covers hers. "Always get the jump."

How did the tutorial go? Visit metronews.ca to watch Chate take on Domi.

BOARDING

Domi admits taking one for the team

Matt LaForge
Metro | Canada

Tie Domi has a confession to make to Ottawa Senators fans: it wasn't all Ricard Persson's fault.

In his new memoir, Shift Work, Domi reveals that a pivotal moment in the Ottawa Senators' torturous playoff history against the Toronto Maple Leafs was not exactly as it appeared.

The scene: May 12, 2002, Corel Centre, Game 6 of the Eastern Conference semi-finals. The Senators are up 3-2 in the series and leading the game 2-0, well positioned to advance to the third round and, more important, to beat the Leafs in the playoffs for the first time in three consecutive tries. But with about seven minutes to go in the first period, Persson, an unheralded Sens defenceman, takes an ill-advised run at Domi from behind, sending the Leafs enforcer violently into the boards and opening a bloody gash on his face. Persson gets five minutes and a game misconduct for the hit. The Leafs score twice on the ensuing power play. The Sens never recover. To this day, Ottawa still hasn't beaten Toronto in the playoffs.

Every Sens fan who was sentient at the time remembers the hit and its aftermath vividly, and for the past 13 years the entirety of the blame has been on Persson, who never played another minute in the NHL. But, as Domi was happy to admit to Metro, the hardheaded winger had seen the hit coming and was able to turn it to his advantage.

"I see him coming and I step back from the boards, and he hit me and I ... cut myself purposely," Domi said as he mimed a deliberate headbutt against the boards.

"Two goals on the power play. I hate to ruin it for all the Senators fans."

In other words, Sens fans, the whole thing was even worse than you thought.

CHAMPIONS LEAGUE

Manchester clubs win to top their groups

Wayne Rooney ended Manchester United's 404-minute goal drought Tuesday, clinching a 1-0 victory over CSKA Moscow and sending the team to the top of its Champions League group.

The United captain wasted a golden chance in front of goal at Old Trafford before meeting Jesse Lingard's cross with a header in the 79th minute. United now has a one-point lead at the top of Group B over PSV Eindhoven, which beat Wolfsburg 2-0.

Meanwhile, Raheem Sterling scored his first Champions League goal to help Manchester City seal its place in the round of 16 with a dominant 3-1 win at Sevilla on Tuesday.

Fernandinho doubled the advantage before Sevilla's Benoit Tremoulinas scored for the hosts. City striker Wilfried Bony then got his first Champions League goal to put City atop of Group D with nine points. Sevilla has three. THE ASSOCIATED PRESS

IN BRIEF

Fernandez helps Madrid progress to knockout stage

Nacho Fernandez scored from a tight angle two minutes after entering the match to help Real Madrid edge Paris Saint-Germain 1-0 and advance to the knockout stage of the Champions League on Tuesday.

PSG threatened the most at the Santiago Bernabeu, but Madrid escaped with the victory when Fernandez surprised goalkeeper Kevin Trapp with a soft shot that spun into the far corner after bouncing near the goal line in the 35th minute.

The win gave Madrid 10 points from four matches in Group A, enough to put the Spanish side into next round. THE ASSOCIATED PRESS

Royals throne a big party

Kansas City Royals manager Ned Yost holds up the trophy during a parade on Tuesday to celebrate the Royals winning baseball's World Series. REED HOFFMANN/THE ASSOCIATED PRESS

MLB

Kansas kings of world as fans flood the city to rejoice

The world-champion Kansas City Royals basked in the adulation of thousands of ecstatic fans in a parade and rally Tuesday that nearly shut down downtown for hours.

After driving a 3.7-kilometre route in a caravan, team owner David Glass, manager Ned Yost and several of the Royals returned the love by telling fans they could not have captured the World Series without their support and calling the turnout for Tuesday's celebration "unbelievable" and "amazing."

"This is a day like none of us have seen before, and we appreciate it from the bottom of our hearts."
Ned Yost

"This is a day like none of us have seen before, and we appreciate it from the bottom of our hearts," Yost said. "What (the team) wanted most was to come to this city to win a championship for you guys. We celebrate it with you today."

Right fielder Alex Gordon, who has been with the team since 2007, recalled years of losing seasons for the Royals.

"To see this unfold to this is unbelievable. We're the World Series champs, and you are the best fans in the world," he told the crowd.

Pitcher Edinson Volquez drew loud applause when he vowed that the Royals would be back on the same stage next season after winning another world championship.

The large crowd's mood remained jovial with people thrilled for their team's first World Series win since 1985. THE ASSOCIATED PRESS

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RECIPE Salmon Rice Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 45 minutes

Serves 4

Ingredients
- 1/2 cup soy sauce
- 2 tsp sesame oil
- 1/4 cup brown sugar
- 2 tsp sriracha sauce
- 3 Tbsp rice wine vinegar
- 3 salmon filets
- 1 cup rice
- 1 carrot, matchsticked
- 1 pepper, matchsticked
- 2 cups cabbage, finely shredded
- 1/2 cup edamame
- 1/2 avocado, cubed
- handful of sliced scallions
- 2 Tbsp sesame seeds
- 1 sheet nori, torn into small pieces (optional)

Directions

1. Whisk together the first five ingredients and set half of it aside for dressing. Pour marinade over salmon, cover with cling film and place in the fridge for half an hour.

2. Preheat oven to 425 F. Cook rice according to package instructions.

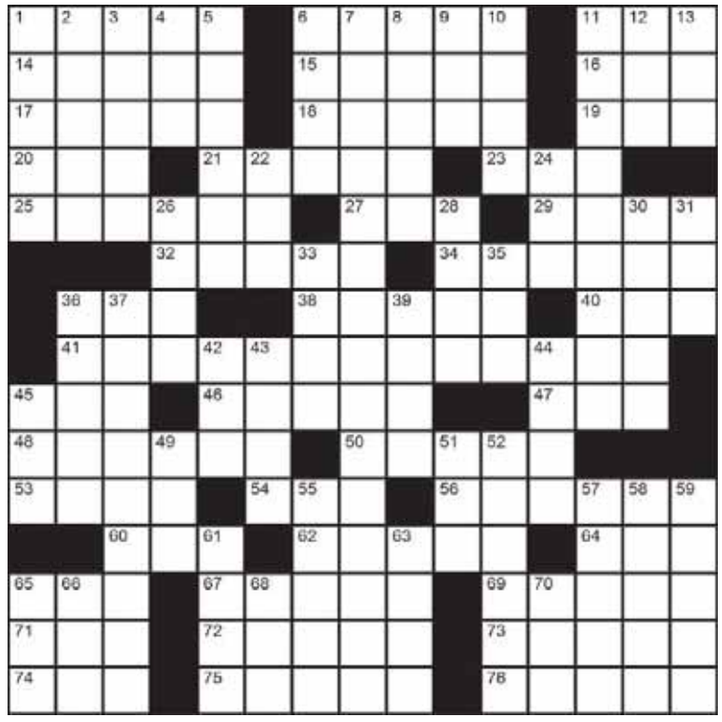
3. Cover a baking sheet with foil. Place the salmon on the sheet and bake for about 8 minutes. Discard the remaining marinade. Remove from the oven and break cooked salmon into large bite-sized chunks.

4. In a large bowl, toss together the cabbage, carrot, pepper, edamame and avocado with the salad dressing. Place a large scoop of rice in each bowl, add a large scoop of salad mix. Top with pieces of salmon to the top and scatter over with scallions, sesame seeds and nori.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Real estate agent's presentation
6. "Iron Chef America" host Mr. Brown
11. Wear
14. Horn, in Latin
15. Sir __ _. Macdonald (Canada's first Prime Minister)
16. Pint drink
17. Lock of hair
18. Once _ __ (Every 12 months)
19. Allow
20. Back then
21. Ms. Reid, and namesakes
23. "Fantastic food!"
25. Sort of soup
27. "WKRP in Cincinnati" news director
29. Component
32. Plaudit
34. Kind of overcoat
36. CFL positions, e.g.
38. Stately
40. There: Latin
41. 23rd Prime Minister of Canada: 2 wds.
45. 'Me' in Montreal
46. Waikiki welcome
47. Clinic pros
48. Acrylic fabrics
50. Go in
53. Subtraction opp.
54. Bow
56. __ and dryer
60. "__ all good." (Things are fine)
62. Famous cream-filled treats
64. Inventor Mr. Whitney
65. Room for reading
67. Angel props
69. Lodged, say
71. Energy unit
72. Solemnly swears
73. __ Corporal (Marines rank)
74. Used to be
75. __/__ question
76. Irish poet W.B.

DOWN
1. Eight-based
2. Shape the iron
3. Refrigerant
4. Nav. designation
5. Characteristic of a log cabin
6. Not quite closed
7. In allegiance with Queen Elizabeth: 4 wds.
8. This stuff
9. "__ _ Carousel" by The Hollies
10. Not one
11. 1 of a 101 in the Disney movie
12. Grand __ Opry
13. Goalie's area
22. Everything
24. Increases
26. Dick Tracy's beloved
28. U.S.S. Enterprise crew member
30. Puzzle type
31. Prefix with 'angle'
33. 'A' in AD
35. Pointed the way
36. Coastal sight in Norway
37. The Parliament __
39. __ muffins
42. Neutral tone
43. Character in "Casablanca" (1942)
44. Makes mistakes
45. New Zealand bird at one time
49. Ottawa's li'l locale
51. Testing, testing One, __, Three...
52. Without problem
55. Chocolate-coated caramel candies
57. Mehndi need
58. Send to Parliament
59. Drives
61. Single-horse carriage
63. Big name in gas stations
65. Mountain __ (Soft drink)
66. Great time
68. Road type, briefly
70. Highlands negative

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something will happen that makes you wonder if you were too quick to judge someone. Yes you were. Your mistake won't cost you much this time but check your facts in future.

Taurus April 21 - May 21
Something you've been trying to keep a secret will be revealed for the world to see. There is no point trying to deny what you have done, so you might as well enjoy your notoriety!

Gemini May 22 - June 21
Cosmic activity in a sensitive areas of your chart means it will be difficult, maybe impossible, to get through to loved ones today, so don't waste your time trying. They will come around when they are ready.

Cancer June 22 - July 23
Try not to expect too much of yourself today because it is unlikely that you will get much done. Saturn's influence warns you need to take better care of your health. Take it easy.

Leo July 24 - Aug. 23
Make life easier for yourself by avoiding confrontations and giving others the benefit of the doubt even when they do not deserve it. Why make life more difficult than it needs to be?

Virgo Aug. 24 - Sept. 23
Little things will get under your skin today and you will find it hard not to snap at people. Those who know you well will read the signs and stay out of your way. Those who don't will learn the hard way.

Libra Sept. 24 - Oct. 23
The best way to deal with setbacks is to greet them with a smile and show those around you that you are not in the least bit worried. It may not be true but pretend that it is.

Scorpio Oct. 24 - Nov. 22
Be wary of people who go out of their way to appeal to your emotions. You could lose out in a big way if you let others persuade you to believe in what your head tells you is rubbish.

Sagittarius Nov. 23 - Dec. 21
The more you give in to others' demands today the more they will expect of you, so put your foot down and leave no one in any doubt that you are not the sort who can be intimidated. Help yourself!

Capricorn Dec. 22 - Jan. 20
While others are running around in a panic you will calmly assess the situation and decide what needs to be done. Whether or not it is the right decision is not important: what matters is that you keep your head.

Aquarius Jan. 21 - Feb. 19
You are entitled to your opinions and you are entitled to express them. Freedom means the right to disagree and the right to be heard. Just remember it works both ways.

Pisces Feb. 20 - March 20
People in positions of power will be a bit touchy today, so think before you speak and think again before you act. Your reputation could suffer if you upset those who call the shots.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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2			6	4				
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	4					7		

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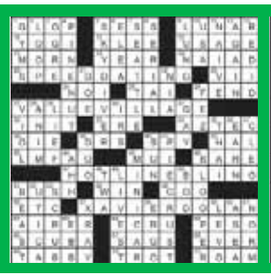

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6	1	9	3	2	7	5	8	4
5	7	8	6	4	1	3	9	2
8	3	4	9	5	6	1	2	7
9	5	1	2	7	4	8	6	3
7	2	6	1	3	8	9	4	5

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